

ABSTRACT**Adjuster for the vertical adjustment of a head restraint**

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An adjuster is proposed for the vertical adjustment of a head restraint (1, 2) of a seat (3), said head restraint being equipped with adjustment means (4) movable in an adjustment direction (A) which are formed in such a manner that it can engage with a head restraint (1, 2), that can be inserted into the head restraint holder, whereby drive means (8) for producing an adjustment movement of the adjustment means (4) are additionally provided. The drive means (8) in this case form a unit spatially separate from the head restraint holder. The adjustment movement of the drive means (8) in this case is transferred to the adjustment means (4) by flexible transmission means (16), such as, for example, a flexible shaft or a Bowden cable. As a result, the drive unit (8) can be placed independently of the head restraint holder.

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(Fig. 4)

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